

Free Meals Open to all children, ages 1-18 years old



FEBRUARY

2021

La Joya ISD Child Nutrition Services
Supper Meals Curbside Menu
 Meal Curbside Menu is subject to change due to availability



Daily Hot Suppers
 Monday - Friday
 4:30 pm-5:30 pm
 (11 locations)

Special Announcements: Dear students:
 While you enjoy your supper, learn about the importance of Nutrition;
 visit the [CACFP Enrichment Activities!](https://www.lajoyaisdcns.com)
 CNS Enrichment Activities available at www.lajoyaisdcns.com Nutrition Education TAB or click:
<https://www.lajoyaisdcns.com/index.php?sid=0208131445498761&page=parentstudentteacher>

Chicken Nuggets Carrot Assorted Fruit Milk 1.	Beef Enchiladas Shredded Cheese Beans Assorted Fruit Milk 2.	Hamburger Fries Assorted Fruit Milk 3.	Meatball SW Broccoli Assorted Fruit Milk 4.	Cheeseburger Sliders Broccoli Assorted Fruit Milk 5.
Bad Weather Day No School 8.	Beef Enchiladas Shredded Cheese Beans Assorted Fruit Milk 9.	Chicken Burger Fries Assorted Fruit Milk 10.	Chicken Nuggets Carrot Assorted Fruit Milk 11.	Beef Steak Fingers Country Gravy Golden Corn Assorted Fruit Milk 12.
BBQ Rib Patty Carrots Assorted Fruit Milk 15.	Hamburger Fries Assorted Fruit Milk 16.	Calabazita con Pollo Corn Tortilla Beans Assorted Fruit Milk 17.	Italian Combo Slider Garden Salad Assorted Fruit Milk 18.	Boneless Wings Broccoli Assorted Fruit Milk 19.
Meatball SW Broccoli Assorted Fruit Milk 22.	Carne Azada Taco Corn Tortillas Beans Assorted Fruit Milk 23.	Chicken Burger Fries Assorted Fruit Milk 24.	Turkey Slider Garden Salad Assorted Fruit Milk 25.	Chicken Nuggets Carrot Assorted Fruit Milk 26.



Food and Nutrition Division
 National School Lunch Program and School Breakfast Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Don't forget to wear a Mask!



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BOOSTER ROCKET BEEF

If you want to fly into space, it will take powerful rockets to push your spacecraft off the ground. The rocket engine pushes gas out its back, and the gas makes the rocket move forward. A rocket is different from a jet engine. A jet engine needs air to work, but a rocket engine doesn't need air. A rocket engine carries with it everything it needs, and it works in space, where there is no air.



DID YOU KNOW?

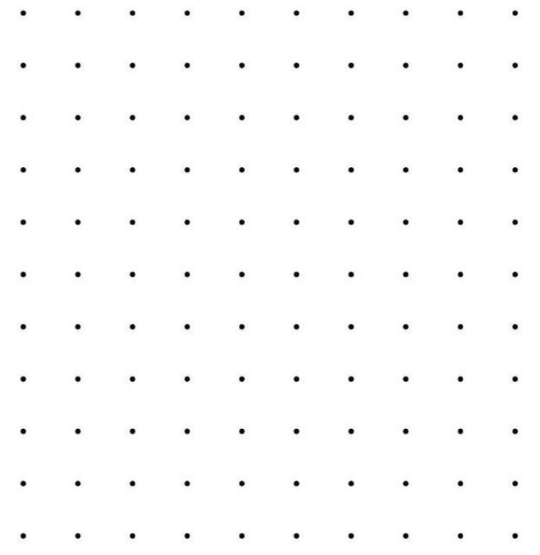
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is in the form of heme-iron which is easily absorbed by your body when you eat it.

Beef is raised on ranches all over the state and Texas is the number 1 beef producer in the nation with 12 million head of cattle.



DOTS AND BOXES

Each player takes a turn drawing one line. If that completes a square, the player then writes their initial in the box and gets to draw another line. Play will continue until all the dots have been connected. The player with the most boxes wins the game!



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